

Make Healthy Choices For The Road Ahead



You want what is best for you and your family. Apply the skills you have learned:

What were your nutritional risk factors while on WIC?

What changes will improve the condition(s)?

Take steps now to prevent birth defects.

Health officials say women of childbearing age should include folate-rich foods daily. Another name for folate is folic acid. Which of these folate rich foods do you like to eat?

asparagus	beef or pork liver	beets
broccoli	Brussels sprouts	chicken liver or giblets
dried beans and peas	fortified cereals	greens
orange juice	spinach	wheat germ

Is everyone offering you tips on feeding your baby?

- ☐ Follow your health care provider's advice.
- ☐ Breastfeeding is the best feeding method for your baby.
- ☐ Continue breastfeeding at least until your baby is one year old for full benefits to mother and baby.

Using tobacco, alcohol, and other drugs affects you and your loved ones.

- ☐ Babies born to smokers are sick more often.
- ☐ They have more colds, asthma, and ear infections.
- ☐ Smoking increases the risk of getting lung cancer and heart disease.
- ☐ Alcohol and drug abuse can permanently damage vital organs. Using alcohol and drugs also can effect judgment and memory.
- ☐ Do not put your family at risk. They deserve your love and attention.

Why take chances? Keep yourself and baby on the right track.

Get your baby's immunizations according to the schedule.

Are you making better food and diet choices now?

- ☞ Set a good example for your family.
- ☞ A well balanced diet is still needed.
- ☞ Rebuild your body with important nutrients like iron and calcium. Check out these lists for foods to add to your family's meals:

Iron-Rich Foods: organ meats, lean red meats, WIC cereals, enriched breads, enriched grains, dried beans and peas, fish, poultry, peanut butter, dark green leafy vegetables, black strap molasses, and dried fruits.

Calcium-Rich Foods: milk and milk products such as cheese, yogurt, pudding, milk shakes, cream soup, ice cream or ice milk and cottage cheese. Other sources include: sardines, salmon, mackerel, tofu, almonds, broccoli, greens and black strap molasses.

- ☞ Add essential nutrients, color, and fiber by eating fruits and vegetables every day. They are low in calories too!
- ☞ Grains and cereals (like whole wheat) add a solid base to your eating habits. They are also rich in fiber.
- ☞ Limit fats, salt, and sugars.
- ☞ Exercise to firm your muscles, burn calories, and to help you feel better and more relaxed. Check with your health care provider before beginning any exercise program.



Congratulations! You are moving on.